



# Ergonomic Principles

## 1 Who Should Attend . . .

This program is a must for anyone concerned about health and safety on the job including:

- ▶ Managers concerned about liability and workers' compensation costs
- ▶ Employees who want to learn proper techniques for protecting their safety and health at work
- ▶ Business owners who want to learn about compliance with MIOSHA

## 2 Why you need this Seminar . . .

- ▶ To reduce disabling injuries and illnesses to employees - and to ensure that every worker goes home safe and healthy every day.
- ▶ To reduce the high direct costs of work-related injuries, which grew to \$42.5 billion nationally in 2000, and indirect costs, which were estimated at an additional \$127 - \$212 billion in 2002. (*2003 Liberty Mutual Safety Index.*)
- ▶ To enhance your company's bottom line. A strong safety and health commitment not only protects workers, it also reduces worker's compensation costs, improves employee morale, and increases production and quality.

## 3 What You'll Learn . . .

This program gives direction to employers who want to establish an ergonomic program in the manufacturing environment. Using the NIOSH Ergonomic Primer as a guide, participants will be able to look for signs of cumulative trauma, develop in-house expertise, gather evidence of ergonomic problems, identify controls and implement a proactive ergonomic program. Examples of successful ergonomic innovations in the manufacturing sector are presented. Problem jobs are also discussed and corrective recommendations are reviewed. Focus is on the implementation of engineering controls, including material handling, hand tools and workstations. Using job safety analysis as an ergonomic tool to identify the tasks and subtasks of a job is emphasized. Ergonomic awards offered by the MIOSHA program will be explained.

### Agenda

*We offer a flexible program agenda to emphasize the topics you want most.*

- ▶ Overview of NIOSH Primer
- ▶ MIOSHA Ergonomic Awards
- ▶ Update of Current Ergonomic Trends
- ▶ Elements of an Ergonomic Program
- ▶ Ergonomic JSA
- ▶ Ergonomic Case Studies

# Facilitator

Jennifer Clark-Denson has over 10 years experience in occupational safety. Prior to joining the CET Division as an occupational safety consultant, she spent time working as a General Industry Safety Officer for MIOSHA where she was responsible for inspecting a wide variety of work operations to observe and identify potential violations of MIOSHA safety standards. Her previous work experience includes positions as an Environmental Consultant and Code Compliance Officer.

Jennifer currently provides occupational safety services to Wayne, Monroe, and portions of Macomb counties. She has both a Bachelor's degree in Industrial and Environmental Health Management from Ferris State University, and a Masters degree in Human Resource Management from Davenport University.



**Jennifer Clark-Denson**  
*Occupational Safety Consultant,  
MIOSHA, CET Division*

Presenters: Jennifer Clark-Denson & Richard Zdeb, Occupational Safety Consultants, MIOSHA, CET Division

## Program Details

**DATE:** February 8, 2006  
**LOCATION:** Macomb Community College-MTEC  
7900 Tank Avenue  
Room 138  
Warren, MI  
**COST:** \$60 per person, includes lunch and course materials.

**TIME:** Check-in - 8:30 a.m.  
Program - 9:00 a.m. to 4:00 p.m.  
**DEADLINE:** Register by February 1, 2006  
Enrollment is limited to 40 participants, so please register early!  
**CONTACT:** Holger Ekanger - 586.498.4100

**COSPONSOR:** *Macomb Community College*

If this valuable seminar doesn't fit with your schedule or position, please pass this flyer on to a colleague.

## How to Register

Ergonomic Principles

Complete information at right to register by . . .

► **Phone:** 586.498.4100  
► **Fax:** 586.498.4101  
► **Mail:** Macomb Community College  
MTEC  
7900 Tank Avenue  
Warren, MI 48092  
Attn: Holger Ekanger

Name: \_\_\_\_\_  
Company Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Fax: \_\_\_\_\_  
Number Attending: \_\_\_\_\_ @ \$60 each = \$ \_\_\_\_\_

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